

# ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

## JANUARY 2010

**Erin R. Graziani – Director**  
**Jean Baseel – Assistant**

**Ellington Senior Center**  
**16 Church Street – P.O. Box 187**  
**Ellington, CT 06029**

**Receptionist** – MaryAnne Mandell,  
Carole Quarrington

**TELEPHONE NUMBER**  
**(860) 870 – 3133**

**Transportation Program Secretaries:**  
Florence Brennan, Susan Shepard

**TRANSPORTATION**  
**(860) 870 – 3137**

**Van Drivers:** Peggy Anderson, Mike Joslin  
& Kathy Sherokow

**To Access The Town Crier News &  
Calendar On The Town's Website:**

[www.ellington-ct.gov](http://www.ellington-ct.gov)

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

**Senior Center Hours:**

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

Healthy, Happy New Year! Thank you Jack Cohen for your very generous gift to the Ellington Senior Center, A New Car! Further details are located inside our newsletter under the heading Transportation Department.

The Town of Ellington has signed a lease for the next (5) years regarding our Senior Center. In the meantime, you are all welcome to attend the next Volunteer's Meeting to be held on January 28, 2010 at 3:00pm. The purpose of this meeting is to begin the process of exploring options to build a new Senior Center.

On January 11, 2010, after the exercise class, we will be having a gathering in the Billiard Room to recognize one of our longest exercise participants over 30 years and counting, Bea Leibenguth. Please come and share this time with Bea and Alcyone Brennan who has been Bea's instructor throughout these years.

*Erin*

**ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW****31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131****TRIAD SENIOR SAFETY NEWS**

Jan. 28<sup>th</sup>—**What you need to know about the US Census**. A Triad Senior Safety Program; (1:30pm) at the Ellington Senior Center with Mr. Jim Palma from the US Census Bureau. Please join us to learn more about this year's Census and the important role you play in participating in this program. Refreshments served. Call 860-870-3131 by Jan. 25, 2010 to register to attend.

**American Parkinson Disease Association Support Group:** Meets at the Ellington Senior Center the 3<sup>rd</sup> Friday of every month at 10am. *January's meeting will take place on Friday, January 22, 2010.* Please join us for support, conversation, education & refreshments! For more information call Anna Turner at 860-870-3131

**IMPORTANT SAFETY INFORMATION ON RECALLED ITEMS:**

**J C Penney recalls Cook Outdoor BBQ Grills** due to fire hazard: Lot# 7802176 is printed on the underside of the grill stand. Contact J C Penney at 1-888-333-6063 for further details

**Home Depot recalls Dehumidifiers due to fire & burn hazard:** Hampton Bay Dehumidifier model # HB-50. Model number is printed on back interior of panel. Contact Home Depot at 1-800-553-3199 for details & stop using the dehumidifier immediately if you own this make & model.

**Osram Sylvania recalls Portable Nightlight due to electric shock hazard:** LED Rocket ship Pal Podzz portable nightlight/flashlight model # 72174 has been recalled-contact Osram Sylvania at 1-877-423-3772

**Ellington Senior Center**  
**Transportation Department**

The Transportation Department is overjoyed with the news that a new car has been donated to the Ellington Senior Center. This donation was made by Mr. Jack Cohen. Jack shared how he had entered his name in a raffle associated with a fundraising event. Yes, Jack won the raffle and became the new owner of a 2009 Chevrolet Malibu car. He graciously has donated this beautiful vehicle to the Ellington Senior Center. It is currently helping assist with our EMAT appointments (et. al.) . Thank You!



**ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)**

(EMAT's) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging.

**Please note:** EMATS are offered Monday – Friday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. \*\$2.00 donation fee suggested per each trip.

**VAN TRANSPORTATION**

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation “packet” by calling the Transportation Line at 860-870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** \* \$20.00 is suggested as an annual donation for transportation.

**ELLINGTON SENIOR CENTER NEWS****UPDATES ON HAZARDOUS WEATHER:****Please be mindful of weather delays/closings**

- If schools are closed.....the senior center is closed (includes transportation services).
- If schools are delayed openings.....the senior center is delayed opening (includes transportation services).
- If schools have early closings.....the senior center will close early (includes transportation services).

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**BALLROOM & POLKA SOCIAL** – Ballroom is taught on Fridays at (1:00pm) and Polka follows (2:30 pm). Come join Amelia and Adam!

**BETTER AGE CLUB** - Held the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at (1pm)

January 14, 2010                      Business Meeting. Presentation by Robert Aborn - Brooms

January 28, 2010                      Presentation by Jim Palma – US Census (Better Age Club/TRIAD Event)

**BOOK CLUB** – The Ellington Senior Center welcomes back our book club. If you have a love for reading or always wanted to be a better reader, come to the Senior Center on January 5<sup>th</sup> at 2pm and meet Carole Quarrington who will be leading this month's group. Many of you already know Carole as one of our front receptionists. Refreshments will be served.

**CARDS AND GAMES:**

**Bridge:**                                      Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta

**Canasta – “King’s Row”:**      Join Barbara Donohue and friends Thursday’s at 1:00 p.m.

**Dominos:**                                      First Tuesday of the month at 1:00 p.m.; come join the fun!

**Evening Cards: (Setback):**      Tuesdays and Saturdays at 7:00 p.m.

**Mahjongg:**                                      Every Monday at 1:00 p.m, and every Friday at 10:00 a.m.

**HEALTH & WELLNESS NEWS:**

**Blood Pressure Clinics & Diabetic Screenings** – Blood Pressure clinic and Diabetic screenings are held the 4<sup>th</sup> Tuesday of the month from 1:30 p.m. – 3:00 p.m. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

**Exercise Class** – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

**Podiatry Clinic** – Held at the Senior Center the first Wednesday of every month at 9:00 a.m. \*Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, January 6, 2010.

\* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

**Tai Chi Classes** – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner's class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

**ELLINGTON SINGERS** – Our Ellington Singers meet every Wednesday at 10:15 a.m. at the Senior Center. They spent a good portion of December gracing their beautiful voices at Winter Fest held in the Town of Ellington, as well as Assisted Living Programs and Nursing Homes in the area, bringing sunshine to the resident's days. Come join us!

**MEMORIES & CREATIVE WRITING** – The Memory & Creative Writing group held their "holiday party" on Thursday, December 17, 2009. This is a wonderful group who meets monthly every 3<sup>rd</sup> Thursday of the month from 1:00 p.m. – 2:30 p.m. at the Ellington Senior Center. The purpose of this group is to share orally or in written form the groups past, present, or ongoing experiences. If you have a love of writing or just want to share your thoughts on paper, come join us!

**MUSICAL INSIGHTS:** Musical Insights held their "holiday party" on Monday, December 14, 2009. The afternoon and evening was full of delicious food, a holiday movie and a special treat from the United Methodist Church in Rockville whose "Ring & a Prayer" bell ringing group performed a wondrous event for all to enjoy. Musical Insights meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday evening of the month. Musical Insights is held from 6:00 p.m. – 8:00 p.m. at the Ellington Senior Center. A different program is introduced at each meeting. Much time and planning are put into each program which is why this is such a strong/successful group. **A note from Pat Stoughton:** *Reminder there will be no presentations during the month of January 2010.*

**OUT TO LUNCH:** “Out To Lunch” is held the second Tuesday of the month at 1:00 p.m. Come join us as we frequent the local restaurants in the area. Sign up is required. Transportation is available.

**January –** Tea House Restaurant, Ellington

**February -** Plaza Restaurant, Somers

**PROGRAMS:** All programs require a sign-up. Call the Senior Center at 860-870-3133

**Living a Healthy Heart Life** – Thursday, January 7, 2010 (2pm). Presented by Lesley Almand, MSW. Provider Relations Liaison VNA Health Care.

**Parkinson Support Group** – Friday, January 22, 2010 (10:00am).

**Healthy Cleaning Solutions** – Tuesday, January 19, 2009 (12:30pm). This is a Lunch and Learn Program. Presented by Ann Harford; you will be educated on environmentally healthy products and learn how to simplify your life while cleaning your house with environmentally friendly products. Help to save the planet as well as yourself.

**US Census Program** – Thursday, January 28, 2010 (1:30pm). This is a TRIAD /Better Age Club Program. Presented by Jim Palma, he will speak on the importance of Ellington residents participating in the census and talk about the kinds of questions that may be asked.

**SEW & SO/CRAFTS:** Meet every Thursday morning at 9:30 a.m. in the main room of the Senior Center.

**SHUFFLEBOARD:** Every Wednesday at 2:00 p.m. Shuffleboard is played in the main room of the Senior Center. This is a very active and fun group of people. We love to hear the laughter coming from this group. Van service is available.

**TAX PREPARATION PROGRAM:** The 2010 Tax Preparation Program will be held at the Town of Ellington Human Services Department again this year (Arbor Park). Appointments will be on Wednesdays, beginning February 3<sup>rd</sup> and end on Wednesday, April 14<sup>th</sup>. Appointment times are 9:00am – 12:00pm. A sign up sheet is available at the Ellington Senior Center. Please call (860) 870-3133 to secure your appointment.

**TRIPS** – *A note from Dot Enes:* If you have signed up to attend the January 19 – 21<sup>st</sup> “Tropicana Trip” and have not heard from Dot yet, please give her a call at the Ellington Senior Center (860)870-3133. The original sign-up sheet has been misplaced. Thank You!

**VETERAN CONTACTS:**

**VFW** – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

**AMERICAN LEGION** – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

**VETERAN’S AFFAIRS** – State Representative – Ted C. Graziani at 240-8531

**HOUSEKEEPING REMINDERS:**

1. When using the dishwasher, please remove all the clean dishes before putting dirty dishes in
2. Please remember to fully clean all coffee pots after using them
3. When putting silverware and dishes away in the kitchen, please put only clean ones back in the cupboard and drawers.
4. Please remember to keep only fresh items in the refrigerator. Remove old item from freezer and refrigerator



***Happy New Year!***